South Dakot

National Guard

Family Readiness

Annual Briefing

Wellness is Readiness

"Mission First, Families Always"

Family Readiness

- **We will discuss:**

- Purpose of the Family Program
- Preparedness
- Benefits
- Resources
- Youth

Family Readiness

- **Purpose of the Family Readiness Program**
- To provide service and family members **education** and **information** to foster self-reliant, strong and ready families.
- **Referral** assistance - Refer families to organizations and resources
- Provide **support** for families
- **Crisis** Assistance
- Improve family **well-being**

Family Readiness

State Family Readiness Office

familyprogram@sd.ngb.army.mil

1-800-658-3930

- *State Family Readiness Director - LTC Tim Moran*
  - **605-737-6728 / 605-415-3131**
- *State Youth Coordinator – Mike Bierle*
  - **605-737-6919 / 605-415-1808**
- *State Family Assistance Center (FAC) – Rapid City – Michele Anderson*
  - **1-800-658-3930 / 605-737-6079 / 605-381-2859**
- *Family Assistance Center (FAC) – Brookings – Kim Chase*
  - **1-866-597-0017 / 605-696-5416 / 605-415-1705**
- *Family Readiness Assistant - Lynn Wright*
  - **605-381-5761 / 605-737-6089**
- *State Family Readiness Program Assistant – DJ Pearson*
  - **605-737-6086**

Chaplain Support – Major Lynn Wilson

605-737-6009

Family Readiness

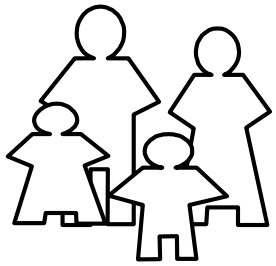
- It is the Commander's tool done in partnership with families for developing strong, self-reliant families that can withstand the rigors of separation due to deployments, annual training and schools.

Family Readiness

- ***FAMILY READINESS FACTS***

- **Family Readiness cannot be achieved through "catch up" activities conducted just before or during deployment**

- **Family Readiness is directly tied to mission readiness and retention**



Family Readiness

- ***FAMILY READINESS FACTS***

- Family Readiness can not succeed without service member involvement.

- Family Readiness is an individual service member responsibility.

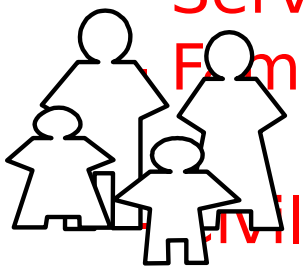
- *Family READINESS* is a family matter!

Family Readiness

- **<u>Who</u> does the Family Readiness Program require to make it successful?**

***TEAM* effort**

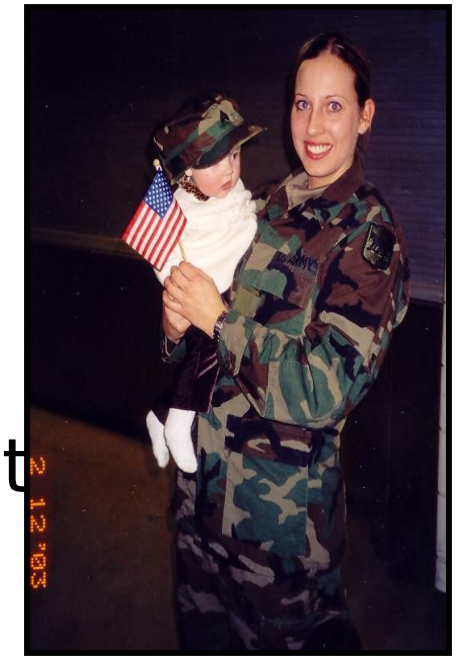
- Full-time support staff
- Commanders and 1SGs
- Unit Family Readiness Representatives
- Service members
- Family members
- Significant Others
- Civilian employers



Family Readiness

How do we prepare soldiers?

- Soldier Readiness Processing Exercises
- Briefings
- Family Care Plan
- Training
- Encourage family involvement
- Keep your family informed



Family Readiness

- How do we prepare families?
  - Develop strong Family Programs at the unit
  - Create and conduct training for volunteers & families
  - Provide opportunities for f meet
  - Be an available resource
    - Family Assistance Centers

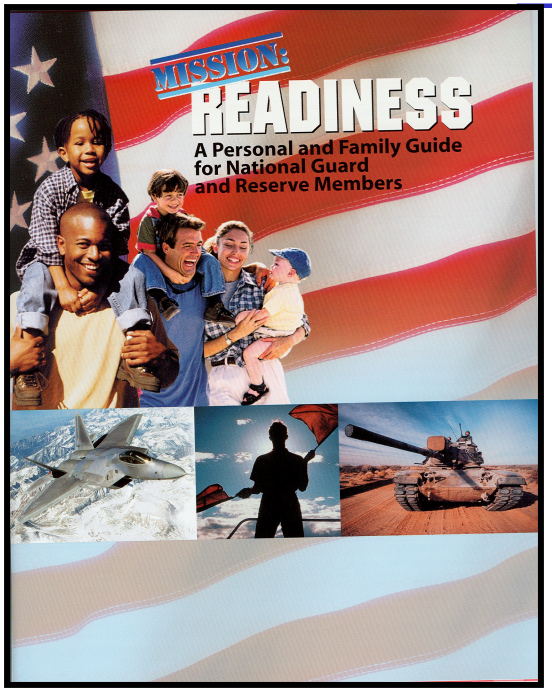
Family Readiness

Why belong to your unit's Family Readiness Group?

- Gain information about the military and how it works.
- Become informed about connections to resources.
- Learn about military benefits.
- Get official news from your unit.
- Gain mutual emotional & physical support from each other (common bond).
- Make new friends.
- Have fun.

Family Readiness

- ***PREPAREDNESS* – Do it NOW?**



Guide to National Guard

- Telephone Trees
- Service/family member contact information
- Wills/power of attorneys
- Joint accounts
- Computer passwords (AKO- www.us.army.mil Mypay- www.dfas.mil)
- Emergency Data Card updated (DD93)
- Correct Information on life insurance (SGLV)
- Locate water shut offs, fuse box, septic systems & financial information
- DEERS enrollment updated
- Family Care Plan
- Business / Job Care Plan

South Dakota National Guard Family Readiness

"Mission First – Families Always"

State Family Readiness Office

Family Readiness

- ***PREPAREDNESS* – Do it NOW?**
  - ***Individual Responsibility***
    - Keep your family informed
    - Keep your employer informed
    - Encourage them to participate in unit events
    - Inform them of your training dates
    - Share your unit newsletter
    - Include your family
    - Ensure they understand benefits available
    - Provide them with emergency notification process when at training
    - Do a Family Care Plan with JAG assistance (if necessary)
    - Business / Job Plan

Family Readiness

- ***PREPAREDNESS* – Do it NOW?**
  - ***Single Service members***
    - Who will make your payments?
    - What will you do with your house/apartment?
    - What will you do with your possessions?
    - Are you in school – what is the school policy regarding military duty?
    - What will you do with your vehicle?
    - What will you do with your pet?
    - Keep your family informed.
    - Keep your employer informed.

Family Readiness

- ***PREPAREDNESS* – Do it NOW?**
- ***Verify DEERS Enrollment*** – **KEY** to benefits and entitlements for families –(Soldier can verify on AKO)
  - ID cards
  - TriCare – **www.triwest.com** or 1-888-874-9378
    TRICARE Reserve Select (Jan 09 – premiums)
    Service Member monthly premium $47.51
    SM and Family monthly premium $180.17
  - SGLI Family Coverage
    - Provides up to maximum of $100,000 of insurance coverage for spouses, not to exceed the amount of SGLI the insured service member has
    - $10,000 at no cost for each dependent child
  - Allows you to order from AAFES catalog –
    - www.aafes.com – no sales tax (online)

Family Readiness

- ***Benefits Available***
  - ***Military Pay – https://www.dfas.mil***
    - *New pay system – DIHMRS – coming Mar 2009*
  - ***TriCare Dental www.ucci.com or 1-888-622-2256***
    - Administered by United Concordia
    - Enrollment is for at least 12 months
    - Single Plan and Family Plan
    - Payroll deduction / direct billed

Family Readiness

- *Benefits Available*
- ***Military Family Life Consultants for National Guard and Reserves_***

Military Family Life Consultants
(888) 755-9355

You and your family are entitled to 6 prepaid, face-to-face counseling sessions at **NO COST**

***Convenient 24-hour, Year-round access, FREE, Private counseling services__**

Provided by Department of Defense at NO COST to Service members and their families.

Family Readiness

- *Benefits Available*
  - ***MilitaryOneSource –***

    http://www.militaryonesource.com

    or call - 800-342-9647
    - All services available at **NO COST** to you and your family
    - Newsletters, articles, worksheets available
    - Can help to locate child care, summer camps, mechanics, etc in your local area
    - Financial Information / Income Tax Services
    - Over the phone or 6 private, in-person counseling sessions in your local area. (Can utilize this service more than once for different issues) at **NO COST**

Family Readiness

Benefits Available

- ***Armed Forces Recreation Centers***
  - Worldwide
  - Cost based on rank
  - www.govarm.com
  - www.afvclub.com
  - www.shadesofgreen.org
  - www.armymwr.com
  - armedforces.com
  - www.military.com
  - www.halekoa.com (1-800-367-6027)
  - http://www.herosalute.com
- ***Commissary***
  - Unlimited Access
  - http://www.commissaries.com

Family Readiness

- *Benefits Available*
  - ***Army & Air Force Exchange (AAFES)***
    - Unlimited Access
    - www.aafes.com
  - ***Space Available Air Travel***
    - http://www.baseops.net/spaceatravel
  - ***Simple Wills, Power of Attorneys, Family Care Plans***
    - Accomplished through state JAG (Judge Advocate General) Office
    - Free of charge

Family Readiness

Resources Available - Information & Education

- **State National Guard Website**
- For current information on resources
  - Current dates and locations for Family Readiness Training
  - Marriage enrichment workshops
  - SD National Guard Youth Camp
  - Log onto **https://sdguard.ngb.army.mil** and go to the Family Readiness link – then training / workshops.

Family Readiness

Resources Available - Information & Education

Welcome to the National Guard Online Community

To enter the site, click the image that best represents you

www.guardfamily.org

South Dakota National Guard

"Mission First – Families Always"

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Family Readiness

Resources Available - Resource Links

Welcome to the National Guard Online Community

One Guard One Family

Did You Know?

National Guard child and youth program

Fisher House Foundation, Inc. Offers Scholarships for Military Children Program CSM Hudson Of the Fisher House Foundation ... More>>

Monthly Premiums Decrease for TRICARE Reserve Select
Monthly Premiums Decrease for TRICARE ...
More>>

Red Cross "Holiday Mail for Heroes" Program 2008 Guidelines
The American Red Cross is pleased to ...
More>>

Military One Source

TRICARE Your Military Health Plan

Local Community Resource Finder

Family Readiness

Resources Available - Training

Welcome to the National Guard Online Community

Access point to online, interactive classes

Class list follows:

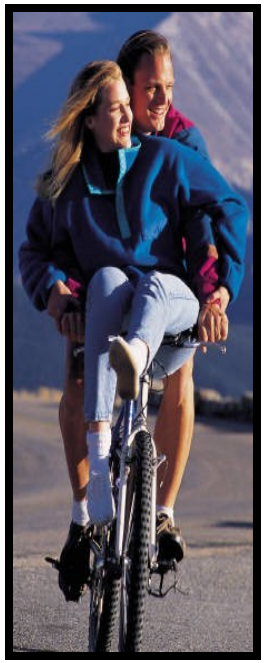
Introduction to the National Guard
History of the National Guard
Conflict Management & Resolution
Effective Leadership
Stress Management
Resources Around You
Deployment And Reunion
Family Finances
Family Readiness Groups
Introduction To Guard Family Action Plan

Also classes designed just for youth.

www.guardfamily.org

Family Readiness

Strong Bonds Couple's Workshop



(A Free Weekend Away)

- For Married military couples
- Spouses placed on travel orders to cover mileage, lodging, food costs
- Service members can attend in drill status – unit determines
- Dates – 13-15 Mar 2009 in Rapid City
- - 4-5 Sep 2009 in Sioux Falls

(Friday night & Saturday only)

Youth Program

- Deployment Training
- Reunion Training
- Drug & Alcohol Education / Awareness
- Peer Counseling
- Pen Pal Program
- Operation Military Ki
- Youth & Teen Camp

Youth Camps

South Dakota National Guard Youth Camp Dates:

**June 22nd – June 26th at Cedar Canyon Wesleyan Camp in Rapid City

**10-13 year olds (10 years old by June 1st)

Operation Purple Camps : www.nmfa.org

(not affiliated with the State Family Readiness Office – national organization)

Summer Day Academy

lasting for 1 week in Rapid City on Cp Rapid

Completed 4th grade not yet entered 7th grade

Focuses on math and science – kids build individual rockets – launch on graduation day – experience flight simulators

8:45 am – 2:00 pm

Requires Military sponsor

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Questions

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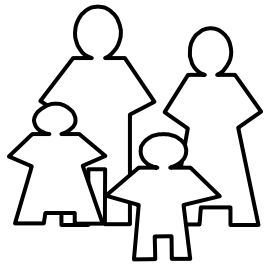

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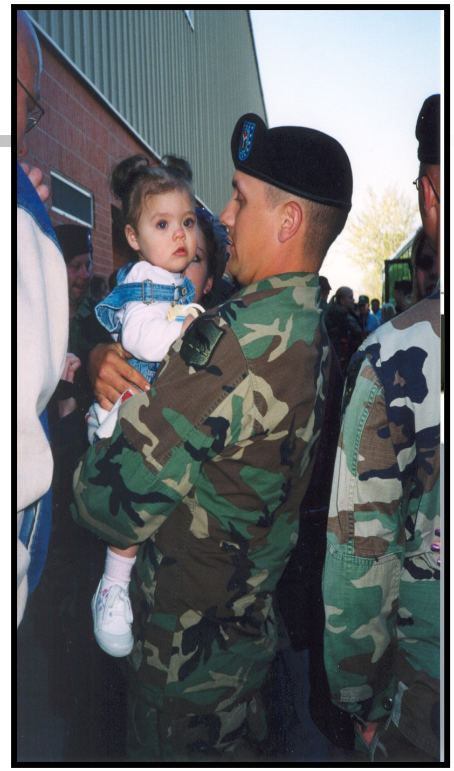
Thank You!



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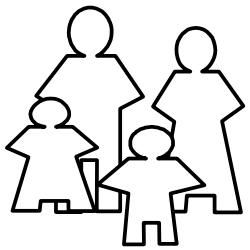

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